

Breathing Exercises

To practice on the go, so you don't always have to be sat down. Can be used in situations you're finding tricky and want to find calmness, bringing your awareness back to the body



Click on the exercise below and a short video will open

Box breathing

Can help you cope with panic and stress, helps to control hyperventilation and refocus

4-7-8 breathing

Can reduce anxiety and promote better sleep, can help to manage anger responses

5-4-3-2-1 method

A mindfulness exercise, focusing on what you can see, hear, touch, smell and taste

Belly breathing

Can ease anxiety by relieving shortness of breath, slowing your heartbeat

Alternate nostril breathing

Can calm the nervous system and be an effective stress reliever